

# franks red hot buffalo wing sauce nutrition facts

**franks red hot buffalo wing sauce nutrition facts** provide essential information for those who seek to enjoy this popular condiment while maintaining awareness of its dietary impact. This sauce, renowned for its tangy heat and bold flavor, is a staple in many kitchens and restaurants, especially for those who love buffalo wings. Understanding the nutritional profile of Frank's RedHot Buffalo Wing Sauce is crucial for consumers monitoring calorie intake, sodium levels, and ingredient quality. This article will delve into the detailed nutrition facts, ingredient composition, potential health considerations, and ways to incorporate the sauce into a balanced diet. Additionally, it will explore comparisons with similar products and discuss the sauce's suitability for various dietary needs. This comprehensive overview aims to provide a clear understanding of Frank's RedHot Buffalo Wing Sauce nutrition facts and its place in a health-conscious lifestyle.

- Overview of Frank's RedHot Buffalo Wing Sauce
- Detailed Nutrition Facts
- Ingredients and Their Nutritional Contributions
- Health Considerations and Dietary Impact
- Usage Tips and Serving Suggestions
- Comparison with Other Buffalo Wing Sauces

## Overview of Frank's RedHot Buffalo Wing Sauce

Frank's RedHot Buffalo Wing Sauce is a widely recognized condiment that originated as the signature flavor for buffalo wings. Known for its perfect balance of heat, tanginess, and richness, it is crafted primarily from aged cayenne red peppers, vinegar, and spices. The sauce has a loyal following due to its distinctive taste and versatility in enhancing various dishes beyond just wings. Understanding the sauce's nutritional profile is important for consumers seeking to enjoy its flavor without compromising their dietary goals.

## Popularity and Usage

Frank's RedHot Buffalo Wing Sauce is commonly used as a marinade, dipping sauce, or cooking ingredient. Its moderate heat level makes it accessible to a broad audience, while its unique flavor profile adds depth to grilled meats, vegetables, and snacks. The sauce's nutritional content, including calorie count and sodium levels, plays a significant role for those managing specific health conditions or adhering to dietary restrictions.

# Detailed Nutrition Facts

Examining the nutrition facts of Frank's RedHot Buffalo Wing Sauce provides valuable insight into its dietary impact. These facts are typically based on a standard serving size of one tablespoon (approximately 15 ml), which is a common amount used for flavoring dishes.

## Macronutrients and Calories

Frank's RedHot Buffalo Wing Sauce is notably low in calories, making it a favorable option for calorie-conscious individuals. Each tablespoon contains approximately:

- Calories: 0 to 5
- Total Fat: 0 grams
- Saturated Fat: 0 grams
- Cholesterol: 0 milligrams
- Protein: 0 grams
- Total Carbohydrates: 0 to 1 gram
- Dietary Fiber: 0 grams
- Sugars: 0 grams

The negligible fat and carbohydrate content make this sauce suitable for various diet plans, including low-fat and low-carb regimens.

## Sodium Content

One of the key nutritional considerations for Frank's RedHot Buffalo Wing Sauce is its sodium content. Each tablespoon contains roughly 190 to 230 milligrams of sodium, which is about 8-10% of the recommended daily limit for most adults. Due to this relatively high sodium level, individuals with hypertension or those monitoring their salt intake should use the sauce in moderation.

## Ingredients and Their Nutritional Contributions

The ingredient list of Frank's RedHot Buffalo Wing Sauce highlights the components that contribute to both flavor and nutrition. The primary ingredients include aged cayenne red peppers, vinegar, water, salt, and garlic powder.

## **Aged Cayenne Red Peppers**

The aged cayenne peppers provide the characteristic heat and pungency. These peppers contain capsaicin, a compound known for its metabolism-boosting and anti-inflammatory properties. While the peppers add negligible calories, they contribute to the sauce's spicy profile and potential health benefits.

## **Vinegar and Salt**

Vinegar is included to add acidity and tang, which enhances flavor without adding calories. Salt, while necessary for taste, is the main source of sodium in the sauce. Managing the quantity of sauce used can help control overall sodium intake.

## **Additional Spices**

Garlic powder and other spices add depth to the flavor without significant caloric impact. These ingredients contribute antioxidants and trace nutrients but are present in small amounts.

## **Health Considerations and Dietary Impact**

Understanding the health implications of consuming Frank's RedHot Buffalo Wing Sauce is crucial for making informed dietary choices. While the sauce is low in calories and fat, its sodium content requires attention.

### **Sodium and Blood Pressure**

The relatively high sodium content in the sauce means that frequent or excessive use can contribute to elevated blood pressure in sensitive individuals. It is advisable for people with cardiovascular concerns to monitor their portion sizes or seek low-sodium alternatives.

### **Calorie Control and Weight Management**

Due to its minimal calorie content, Frank's RedHot Buffalo Wing Sauce is unlikely to contribute to weight gain when used appropriately. Its bold flavor can enhance dishes without adding unnecessary calories, making it a preferred choice for those aiming to reduce calorie intake while enjoying flavorful meals.

### **Potential Allergens and Dietary Restrictions**

The sauce does not contain common allergens such as dairy, gluten, or nuts, making it suitable for many dietary restrictions including vegan and gluten-free diets. However, individuals sensitive to spicy foods should consider their tolerance levels.

## Usage Tips and Serving Suggestions

Incorporating Frank's RedHot Buffalo Wing Sauce into meals can be both flavorful and mindful of nutritional goals. Proper usage ensures enjoying the sauce's benefits without adverse dietary effects.

### Portion Control

Using the sauce sparingly—typically one tablespoon per serving—helps maintain low calorie and sodium intake. Measuring portions instead of free pouring can prevent overconsumption.

### Creative Culinary Applications

Beyond traditional buffalo wings, the sauce pairs well with a variety of dishes such as:

- Grilled chicken or seafood
- Vegetable stir-fries
- Salad dressings and marinades
- Spicy dips and sauces
- Enhancing roasted vegetables

This versatility allows for flavorful meals that align with diverse dietary preferences and nutritional needs.

## Comparison with Other Buffalo Wing Sauces

Comparing Frank's RedHot Buffalo Wing Sauce nutrition facts with other brands offers perspective on its relative healthfulness and flavor profile.

### Calorie and Sodium Comparison

Many buffalo wing sauces on the market contain similar calorie counts, typically under 10 calories per tablespoon. However, sodium content can vary widely, with some brands exceeding 300 milligrams per tablespoon. Frank's RedHot Buffalo Wing Sauce tends to have moderate sodium levels compared to competing products, balancing flavor and health considerations.

### Ingredient Quality and Flavor

Frank's RedHot emphasizes natural ingredients such as aged peppers and avoids artificial preservatives, which appeals to consumers seeking clean-label products. Its flavor is often described

as well-balanced—spicy but not overwhelming—making it a preferred choice among enthusiasts.

## **Frequently Asked Questions**

### **What are the main ingredients in Frank's RedHot Buffalo Wing Sauce?**

Frank's RedHot Buffalo Wing Sauce primarily contains aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder.

### **How many calories are in one tablespoon of Frank's RedHot Buffalo Wing Sauce?**

One tablespoon of Frank's RedHot Buffalo Wing Sauce contains approximately 0 to 5 calories, making it a low-calorie condiment.

### **Is Frank's RedHot Buffalo Wing Sauce low in fat?**

Yes, Frank's RedHot Buffalo Wing Sauce contains 0 grams of fat per serving, making it a fat-free condiment.

### **Does Frank's RedHot Buffalo Wing Sauce contain any sugars?**

Frank's RedHot Buffalo Wing Sauce contains less than 1 gram of sugar per serving, which is negligible.

### **What is the sodium content in Frank's RedHot Buffalo Wing Sauce?**

One tablespoon of Frank's RedHot Buffalo Wing Sauce contains about 190 mg of sodium, which is roughly 8% of the recommended daily intake.

### **Is Frank's RedHot Buffalo Wing Sauce gluten-free?**

Yes, Frank's RedHot Buffalo Wing Sauce is gluten-free, making it suitable for people with gluten sensitivities.

### **Can Frank's RedHot Buffalo Wing Sauce be considered keto-friendly?**

Yes, due to its low carbohydrate and sugar content, Frank's RedHot Buffalo Wing Sauce is generally considered keto-friendly.

# Are there any artificial preservatives or colors in Frank's RedHot Buffalo Wing Sauce?

No, Frank's RedHot Buffalo Wing Sauce does not contain artificial preservatives or colors; it uses natural ingredients.

## Additional Resources

### 1. *The Ultimate Guide to Frank's RedHot Buffalo Wing Sauce Nutrition*

This book dives deep into the nutritional profile of Frank's RedHot Buffalo Wing Sauce, breaking down its calories, sodium content, and ingredient list. It also compares the sauce with other popular wing sauces on the market. Readers will find tips on how to enjoy the flavor without compromising their dietary goals.

### 2. *Spicy and Healthy: Understanding Buffalo Wing Sauce Nutrition*

Explore the balance between flavor and health in this comprehensive guide. The book highlights the nutritional facts of various buffalo wing sauces, with a special focus on Frank's RedHot. It also offers recipes and meal plans that incorporate buffalo sauce in a health-conscious way.

### 3. *Frank's RedHot Sauce: Ingredients, Nutrition, and Benefits*

This book provides detailed information about what goes into Frank's RedHot Buffalo Wing Sauce and how those ingredients affect your health. It discusses capsaicin's benefits, sodium concerns, and how to use the sauce in a balanced diet. Perfect for those who want to enjoy spicy foods responsibly.

### 4. *The Science Behind Buffalo Wing Sauces: Nutrition and Flavor Profiles*

Delve into the scientific analysis of buffalo wing sauces, including Frank's RedHot. The book explains the nutritional content, flavor compounds, and health implications of consuming these sauces regularly. It's an insightful read for food enthusiasts and nutritionists alike.

### 5. *Low-Calorie Wing Sauces: Making Smart Choices with Frank's RedHot*

For those watching their calorie intake, this book evaluates Frank's RedHot Buffalo Wing Sauce as a low-calorie condiment option. It offers comparison charts, serving size advice, and recipes that maximize flavor while minimizing calories and sodium. A practical guide for diet-conscious sauce lovers.

### 6. *Buffalo Wing Sauce Nutrition Facts: Myths and Truths*

Addressing common misconceptions, this book clarifies what you really need to know about the nutrition facts of buffalo wing sauces. Focusing on Frank's RedHot, it dispels myths about fat content, additives, and health risks. Readers will gain a clearer understanding of enjoying wing sauce safely.

### 7. *Cooking with Frank's RedHot: Flavor, Nutrition, and Wellness*

A cookbook and nutrition guide combined, this book presents recipes that highlight Frank's RedHot Buffalo Wing Sauce's unique flavor while keeping health in mind. Nutritional breakdowns accompany each recipe to help readers make informed choices. It's ideal for those who love spicy food but want to stay fit.

### 8. *The History and Nutrition of Frank's RedHot Buffalo Wing Sauce*

This title explores the origins of Frank's RedHot Buffalo Wing Sauce alongside its nutritional

makeup. Readers learn about the sauce's evolution, its role in American cuisine, and detailed nutrition facts. The book offers a well-rounded perspective for both food historians and health-conscious individuals.

#### *9. Balancing Flavor and Nutrition: Using Frank's RedHot in a Healthy Diet*

This book focuses on integrating Frank's RedHot Buffalo Wing Sauce into a balanced diet without sacrificing taste. It provides strategies for portion control, pairing with nutritious foods, and understanding the sauce's impact on daily nutritional intake. A valuable resource for anyone looking to spice up meals healthily.

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